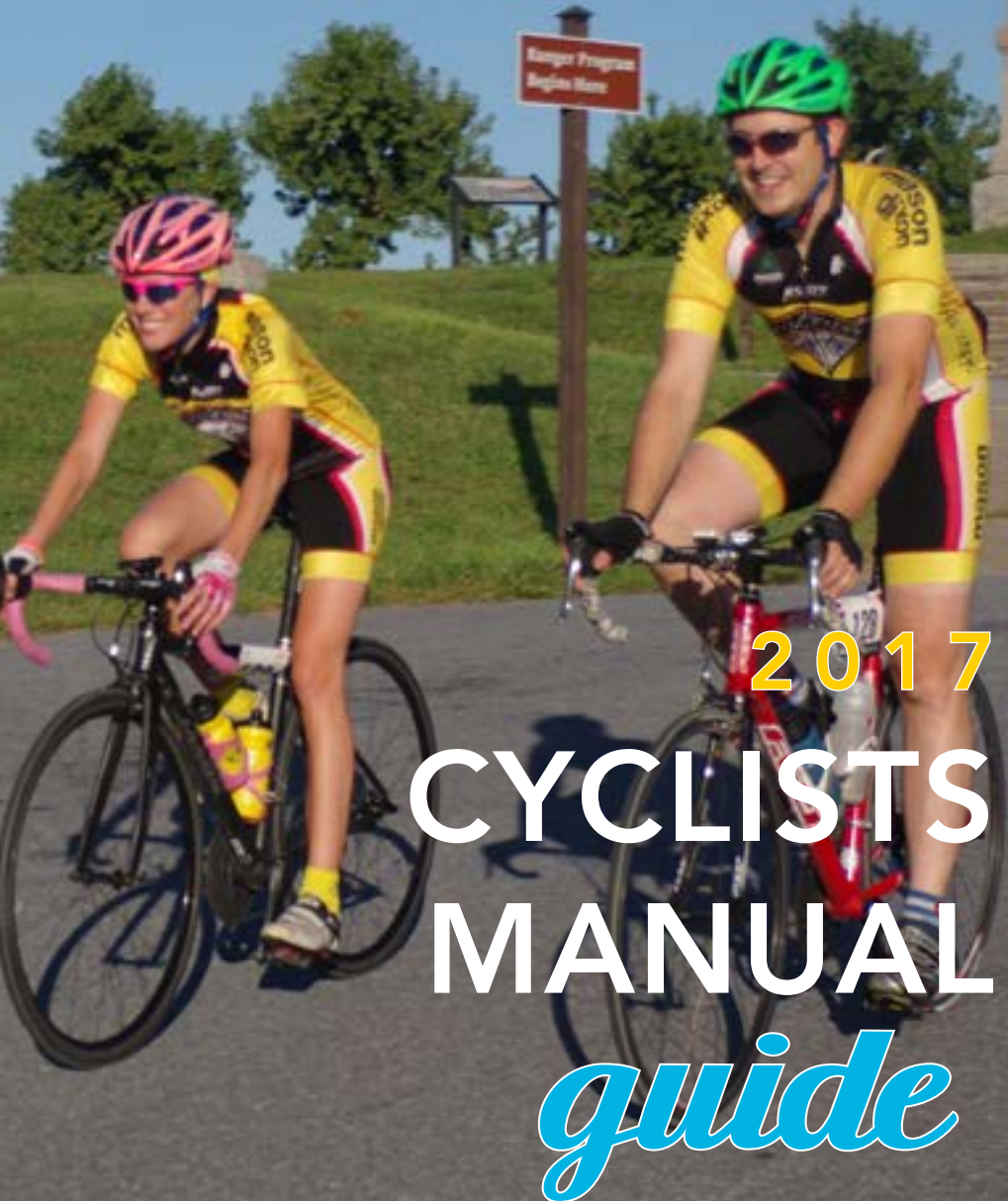


bike

~~MS~~
MS

MASON-DIXON CHALLENGE

OCTOBER 14-15, 2017



2017

CYCLISTS MANUAL

guide

THANK YOU TO OUR SPONSORS!

PREMIER NATIONAL PARTNERS:

PRIMAL *Bicycling*

LOCAL PARTNERS:

GIANT



AMATEURS RADIO OPERATORS:

Club from:

Adams, Blair, Franklin, Lancaster and York Counties

BIKE MS SHOPS:

Holmes Cycling & Fitness
World Cup Ski & Cycle
Simplicity Cycles
Mountainside Ski & Sports
In Gear Cycling & Fitness
Pedal Pusher
The Underground Bike Shop



DAY OF EVENT CHECK-IN INFORMATION!

YOU MUST BRING THE WHITE AND ORANGE PLEDGE ENVELOPE WITH YOU TO REGISTRATION. Please bring the completed envelope, even if you are not turning in money that morning (though you must have your minimum turned in). You will be asked to complete a Promise to Pay and provide a credit card number, if you have not reached the minimum.

PLEASE NOTE: The National MS Society reserves the right to delay the START time in the case of inclement weather, including fog.

SATURDAY START: ASPIRE EISENHOWER HOTEL AND CONFERENCE CENTER

CHECK-IN: 7:00 AM

LOCATION: 2634 Emmitsburg Rd, Gettysburg, PA 17325

PARKING: All parking will be on site at on the resort grounds.

**DO NOT PARK IN UNDESIGNATED PARKING AREAS!
PLEASE FOLLOW SIGNAGE AND PARKING VOLUNTEERS!**

STAGGERED START: The **OFFICIAL START** is 8:00 AM. Saturday's 25 Mile Route starts at 8:30 AM. You **MAY NOT** begin riding before the start, important elements and EMS will not be ready and able to support you!

ROUTE: You may download these to Garmin by visiting www.ridewithgps.com, search Mason Dixon bike MS 2017. Cue sheets will also be available at the event registration table. (Note: Routes are subject to change based on weather, roads etc.)

**YOU MUST ACCEPT A SAG VEHICLE IF YOU
ARE UNABLE TO COMPLETE THE COURSE BY 3 PM.**



OVERNIGHT ACCOMMODATIONS

EISENHOWER HOTEL & CONFERENCE CENTER:

2634 Emmitsburg Rd., Gettysburg, PA 17325
Phone: 717-334-8121
www.eisenhower.com

SLEEP INN & SUITES:

1650 York Rd., Gettysburg, PA 17325
Phone: 717-334-3866

MEALS

BREAKFAST: Breakfast is included with a stay at the Eisenhower Hotel. Be sure to book your room in advance! Breakfast is available from 5:30am-7:00am.

For those staying off-site, riding only one day, or for our other guests, breakfast is available for purchase on-site for \$10.

DINNER: Join us for a wonderful dinner celebrating the ride and our mission Saturday night! Dinner tickets are \$20 and can be purchased online.

- Saturday dinner is served in the dining room at 6:30pm, **bring ID** for open beer service. Happy Hour from 5:30pm-6:30pm.
- We will celebrate our accomplishments and hear from featured guest speaker Walk MS Hershey Team Captain Amy Sisto.

To purchase tickets visit MSPAKeystone.org and click on the link for the Bike MS: Mason-Dixon Challenge or call 1 800-344-4867 option 2.

MEDICAL AREA: We have medics able to assist you at the start/finish area! If you are not feeling well or have an injury when you arrive, please see a Medical Volunteer.

BIKE STORAGE: Bike Storage will be open and supervised Friday 6pm-7pm and Saturday 5:30am - 5:30pm. **NO BIKES IN RESORT ROOMS, PLEASE!**

- The bike storage area will be locked Friday 7:00pm and Saturday 5:30pm and will reopen at 5:30am each morning. **YOU WILL NOT HAVE ACCESS** to your bicycle during these hours.
- All bikes must be kept either in your vehicle or in designated bike storage area. **(No bikes in rooms please!)**
- **Please no cleats worn inside!**

SPLISH SPLASH!: Indoor swimming pools will be open. Please bring your own suit & towel!

SUPPORT ALONG THE ROUTE!

BIKE SHOPS: Professional bicycle mechanics are on hand throughout the ride for those in need of assistance. Spare tubes and parts are available for most bicycles. Repairs will be free of charge, but some major repairs and parts may include a charge. You may need to cover the cost of parts. Visit a supporting bike shop to get your free safety inspection! Check out our website for more information and a list of our official shops.

SAFETY ADVISORS/ROAD MARSHALS: You can identify Advisors by their red “Safety Advisor” signage on their numbers. Safety Advisors are on the course to encourage cyclists, help ensure cycling safety with traffic and road hazard information and assist any cyclists who have stopped along the course. These Safety Advisors are cyclists who have volunteered to assist you with safety advice along with riding in our Ride. Safety Advisors have the authority to enforce Bike MS Safety Rules!

SAG VEHICLES: *Support And Gear Vehicles* are identified by Bike MS signage on their vehicles. These are volunteers who will ride the route and sit at rest stops to transport cyclists who have decided to take a break. If you need a ride, let the closest route support person know or text the emergency number on your cue sheet. SAGs are dispatched to the area of greatest need first.

NOTE: If a SAG driver passes you by, they may be dispatched to another cyclist - please be patient and wait for your designated SAG to arrive! **ALSO NOTE: PERSONAL SAGS ARE DISCOURAGED!** *These are un-trained drivers who are not familiar with the route and put cyclists at risk! If you have team support, please contact our office for alternative driving directions!*

AMATEUR RADIO OPERATORS: Radio Operators will be posted at rest stops and along the route in vehicles identified by Bike MS signage. The MS Society Event Staff are connected to this radio network. *For any need or emergency, let a radio operator or support personnel know as soon as possible!*

MOTORCYCLE VOLUNTEERS: Motorcycle volunteers from various Clubs and other organizations are joining us to direct cyclists at intersections and at critical points along the route. There will not necessarily be a volunteer at EVERY turn, **SO PLEASE FOLLOW SIGNAGE AND ARROWS.**

RULES OF THE ROAD AND SAFETY

BICYCLING HELMETS ARE MANDATORY!!!

YOU ARE RESPONSIBLE FOR YOUR SAFETY AND THE SAFETY OF THOSE AROUND YOU AT ALL TIMES! BE COURTEOUS TO DRIVERS AND TO THE COMMUNITIES WE RIDE THROUGH!

- Always wear a helmet
- Never wear headphones, iPods, etc.
- **Ride single file to allow traffic to pass you safely.** Only ride two abreast when appropriate.
- Ride on the right **ONLY!**
- Pass on your left only, be sure to yell, “On your left”
- Use hand signals and respond to signals from fellow cyclists
- **Ride predictably** - in a straight line, do not weave
- Do not follow too closely to other riders or draft behind cars
- Follow **ALL** traffic signs and traffic rules
- Watch out for gravel and uneven surfaces
- Cross railroad tracks at a right angle
- **Talk to your fellow cyclists.** Let them know: Car Back, Stopping, etc.
- Remember - this is not a race. Any attempt to race will put fellow cyclists in jeopardy.

SAFETY & HEALTH ARE TOP PRIORITIES OF BIKE MS. BE SURE TO:

- Drink plenty of fluids - 16-22 ounces per hour!
- Fill your water bottle at EVERY rest stop
- Make sure you use the restroom!
- If you feel light-headed - **STOP!** Let a medical volunteer at a rest stop, an MS Society staff member, or SAG driver know you need help!
- If a medical volunteer or MS Society Staff member advises you not to continue riding because of a medical concern - **STOP!**
- Carry a cell phone and cue sheet with you - Emergency numbers are on the cue sheet!

THE MS SOCIETY STAFF & MEDICAL VOLUNTEERS HAVE THE AUTHORITY TO PULL YOU FROM THE ROUTE IF THESE STANDARDS ARE NOT MET!





NEW IN 2017...STRIP AND SHIP!

This convenient option for cyclists will make it easier when preparing for your ride. Need a sweatshirt, jacket or even rain gear in the early morning...no problem! At Rest Stops #1 and #2 you will be able to **Strip and Ship** your extra gear! There will be an assigned area and volunteer to collect your gear and take it back to the Hotel for you to retrieve on Saturday.

DON'T FORGET TO PACK...

- Orange/White envelope (if not turned in at a packet pick-up)
- 2 Day Rider: \$250/1 Day Rider: \$150 Minimum pledge or Promise to Pay Form, download at MSPAKeystone.org
- Helmet (mandatory!!!)
- ID Card/Driver's license/Insurance Card
- Cell Phone and Charger
- Cycling Apparel (shorts, jersey, jacket, shoes & gloves)
- 2 Water bottle (carry one with you and pack an extra)
- Pump and patch kit
- Sunglasses, sunscreen and lip balm
- Light jacket/rain gear - just in case!
- Prescription medicine, band-aids, toiletries, icy-hot, ibuprofen
- Camping or staying in a dorm: pillow/pillow case, blanket
- Street Clothes (shirt, pants, socks, shoes, etc.)
- Some Money and/or Credit Card
- Don't forget your bike!!
- AND **CUE SHEET** with emergency numbers (in your day-of packet)

Be prepared, rain or shine, warm or cold...Bike MS will go on! Bring appropriate clothing because no matter what the weather is, we'll ride! Mornings can be cool and as the day progresses, get warmer; so, dress accordingly.

EARLY PACKET PICK-UP DATES!

Visit the MS Society Staff & Volunteers at the following locations:

THURS., OCTOBER 12TH,
11 AM TO 4 PM

NMSS: HARRISBURG OFFICE
2000 Linglestown Rd Ste 201
Harrisburg, PA 17110

SATURDAY, OCTOBER 14TH,
7 AM TO 8 AM

EISENHOWER HOTEL &
CONFERENCE CENTER:
2634 Emmitsburg Rd
Gettysburg, PA 17325

FRIDAY, OCTOBER 13TH,
4 PM TO 7 PM

EISENHOWER HOTEL &
CONFERENCE CENTER:
2634 Emmitsburg Rd
Gettysburg, PA 17325

PLEASE NOTE: THESE TIMES & LOCATIONS ARE
STRICT DUE TO TRAVEL TIME BETWEEN LOCATIONS.

**YOU CAN ALWAYS PICK UP YOUR PACKET
SATURDAY MORNING AT THE START LINE!**

PLEASE REMEMBER

- You must have your white/orange envelope to pick up your packet. The **2 Day Rider: \$250/1 Day Rider: \$150 minimum** will be due at this time in. If not, you will be asked to sign a “**promise to pay**” form with credit card information. *You must also have all waiver paperwork completed.*
- If you are picking up a friend’s or teammate’s packet, you **MUST** have their orange envelope, they need to have their minimum reached, and all of their waiver paperwork **must be completed**. If they have not raised their minimum pledge, you are NOT permitted to pick up their packet.
NO EXCEPTIONS!
- Please note: there will **NOT** be a notary at early packet pick-ups. If you are picking up a packet for a child under 18, you must bring their waiver already notarized – **NO EXCEPTIONS!**

AT PACKET PICK-UP YOU WILL RECEIVE...

RIDER NUMBERS: You must wear your number at all times while riding. Please **be sure to write** your name and an emergency number on the back of your rider number. Attach your cyclist number to the back outermost layer of clothing, and your bike number to the frame of your bike.

CUE SHEETS: Cue Sheets for will be at Packet Pick-up or Saturday Morning at Registration. There are **emergency numbers listed on these sheets** - please carry them with you at the event!